SPECIAL ISSUE ON THE CHANGES

Creating Stronger Communities in Central Virginia

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Monroe Institute Participant Experiencing Out-of-Body State

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LIFELINE ON THE UNEXPLAINED

By Patricia Gore

Thirteen, strangers, coming from all over the United States and India arrive at the Monroe Institute (TMI) in Faber Virginia on a beautiful clear March day. We came to TMI to participate in the filming of our experience as we attend the Lifeline program. The participants consisted of seven women and six men ranging in age from 30 to 70 years. We came from a variety of occupations such as engineering, senior management for a technology company, social worker, government employee, sales management, marketing, retired health care worker and author. Normal responsible people, strangers to each other, would embark on this incredible five-day adventure of discovery. We all had agreed previously to have this intensely personal experience filmed and shared on national television. Each of the participants would find insights into their own belief systems, have experiences, and learn that we were connected in ways that we could not have imagined. Two facilitators, join us, along with a crew of camera operators, producers and soundmen.

The Lifeline Program emphasis is primarily one of service. To provide assistance to both those here in the physical and also to those in non-physical matter reality.

Receiving guidance through the headphones in an attempt to have an out-of-body experience at the Monroe Institute and maybe meet others out of their bodies too.

The Lifeline Program is one of a series of programs offered at TMI. This program was inspired by Robert Monroe's research and personal experience while "out of body" accessing and exploring levels of human consciousness. Monroe, a successful radio broadcasting executive founded the institute in 1978. His interest and research in utilizing sound patterns to explore the mind began in the 1950's.

Today, Hemi-Sync, an audio guidance system plays a significant role in the programs at the Monroe Institute. Hemi-Sync is a patented, scientifically and clinically proven audio guidance technology that works by sending different sounds (tones) to each hear with stereo headphones. The two hemisphere of the brain then act in unison to "hear" a third signal between the tones. This is not an actual sound, but an electrical signal that can only be perceived within the brain by both brain hemispheres working together. The result is a focused, whole brain state at hemispheric synchronization. Music, verbal guidance, or special sounds are used to facilitate deep relaxation, focused attention, or other desired states. Robert Monroe is the author of three books, "Journeys out of the Body" Far Journeys" and "Ultimate Journey."

The Lifeline Program emphasis is primarily one of service. To provide assistance to both those here in the physical and also to those in non-physical matter reality. Through gaining an understanding and experience of the techniques developed by Robert Monroe to direct healing energy to others for the enhancement of their' physical, emotional, mental and spiritual well being.

For the souls who have made their transition from physical matter reality but may need assistance in reaching the area in which they can connect with their loved ones and guides. Robert Monroe describes, in his book" Ultimate Journeys," that sometime individuals become "stuck" for a variety of reasons and need assistance reaching the Park, Reception Center or Way Station. These are the areas that Monroe identifies, as where souls connect with loved ones and guides.

The participants learn to comfortably make contact with the lost soul and offer assistance.

Today some people may call this process "ghost-busting", others who have experienced TMI 's approach may see it more as conducting a rescue- retrieval mission. Once contact has been established and the need for assistance has been determined, participant's can gather identifying information, such as name, and they may also gain an understanding of the events surrounding the soul's transition. This information may be used later to help verify for the participant that they did actually assist a lost soul to move forward.

During the production process of the Lifeline program, the unexplained program staff hired J. Mark Lowe, expert genealogist, to track down and verify the information recovered from the participant's experiences.

The participants gather for the final time, in this large room, in the former home of Robert Monroe. We have gathered here many times over the past week. Now the individuals, including the production crew seem more like family. It is in this room that we have all come before to share our personal experience. This time seems different, because we all know it is the last time we will all be together. The air is initially filled with apprehension because we know we are ending this experience. Then, Penny our facilitator, spoke, I don't remember what she said, but she has a way about her, that can instantly dissolve tension into humor. It was at that moment that we each seemed to recognize what we had gained from this experience and a joyful exuberance over came us all. The fear of being judged or criticized by the people back home had passed. What remained were dedicated individuals, who wanted to be of service to our fellow man. We each shared the insights we will take away from our participation in this experience. The constant thread that ran through each comment, including the crewmembers, was that we all had been deeply touched by this experience. We had been changed in ways we didn't comprehend in that moment.

The questions, that lingers is why participate before the cameras?

Michael B. sums up the sentiment of most, "There is a lot of social pressure out there in, normal everyday reality, and it can be quite challenging. Knowing there are people out there who might be afraid to come forward, or speak about their own experience is why I think we all participated. We wanted to say you are not alone; there is more going on than just the physical parts of our existence, and you too have the ability to experience that for yourself. Don't just take our word for it!"

The program is scheduled to air on the television series, The Unexplained, which can be seen on the Biography Channel October 13, 2012 at 10 and 10:30 pm. It may also be seen after its airdate at http://www.biography.com/tv/the-unexplained..

Patricia Gore is one of the participants in the Lifeline program. She lives in Waynesboro Virginia. She is currently working on several articles regarding her experiences.